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Cooperative Extension Work in Agriculture
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U. S. DEPARTMENT OF AGRICULTURE
AND STATE AGRICULTURAL COLLEGES
COOPERATING.STATES RELATIONS SERVICE,
OFFICE OF EXTENSION WORK, SOUTH.
FARMERS' COOPERATIVE DEMONSTRATION WORK.

USE OF VEGETABLES FROM WINTER GARDEN.

Instructions have already gone out for the winter garden and this letter simply follows up that one that you may know the many ways of using the vegetables suggested to be planted in the winter garden. Also the methods for taking care of any surplus you may have.

SPINACH.

Spinach gives a variety to winter diet when most other green vegetables are expensive and of inferior quality. Spinach can be served in many attractive ways: With vinegar, hard cooked eggs, cream sauce, with poached eggs and as a salad.

BOILED SPINACH. One half peck spinach. Remove roots and dried yellow leaves and wash in several fresh waters to remove the grit and sand. Sometimes if the leaves are very wrinkled, it would be well to pour boiling water over it with $\frac{1}{4}$ teaspoon soda. This will cause the folded parts to open and soften, and then wash in several cold waters. The sand will be removed more easily and the spinach will be crisp after rinsing in cold water.

Cook young tender spinach without adding water, about 20 minutes. Chop finely or put through a colander; re-heat with 2 tablespoons butter and season with salt and pepper. Garnish with 2 hard cooked eggs and toast points.

If old spinach is used, it will be a better green color and flavor if boiled uncovered until tender in one quart salted water (1 teaspoon salt to a quart of water). Drain thoroughly, chop well and season.

CREAMED SPINACH. Wash and pick over one half peck spinach. Cook in an uncovered vessel in a large quantity of boiling salt water to which has been added $\frac{1}{4}$ teaspoon soda. Drain well, chop finely and run through a sieve. Heat 2 tablespoons butter until bubbling in a sauce pan. Add 2 tablespoons flour and rub smooth in the butter. Add gradually 1 cup of cream or milk and when this has boiled about 5 minutes, add the spinach and reheat.

This may be served on toast and garnish with hard cooked eggs and toast points.

SPINACH FRENCH STYLE. Pick over and wash one peck spinach and cook about 20 minutes in boiling salted water. Drain and rub through a colander. Re-heat and add a sauce which has been made by heating 2 tablespoons butter, rubbing in 2 tablespoons flour and adding $\frac{1}{2}$ cup chicken stock; season with $\frac{1}{2}$ teaspoon sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon pepper and $\frac{1}{4}$ teaspoon grated nutmeg, $\frac{1}{4}$ teaspoon grated lemon rind.

SPINACH SOUP. One quart of stock, 2 cups boiling water, 2 quarts spinach, 2 cups milk, 4 tablespoons butter, 5 tablespoons flour, salt and pepper. Wash, pick over and cook spinach in boiling water 25 to 30 minutes, adding $\frac{1}{2}$ teaspoon sugar 1 teaspoon salt 1/6 teaspoon soda. Drain, chop and run through a colander. Add spinach to the boiling stock and allow to boil up again. Then add the milk and seasoning with the pepper and salt.

The water in which a chicken is cooked makes a very good stock to use for spinach soup. A good stock may be made from 2 pounds knuckle of veal, 1 quart cold water 2 slices onion, $1\frac{1}{2}$ teaspoon salt, 6 peppercorns, 1 teaspoon fresh celery seed, 1 blade mace. After wiping meat with damp cloth remove from bone and cut into pieces. Put all into a kettle and heat slowly to the boiling point. Simmer about three hours, skimming frequently. By straining through a double thickness of cheese cloth, the stock will be clear.



SPINACH SALAD. One half peck spinach cooked the same as for creamed spinach. A very wholesome and pretty salad can be made of spinach. After it is well cooked, chop and press through a sieve, season with salt and pepper, 3 tablespoons melted butter, 1 teaspoon lemon juice, and pack tightly in small moulds so it will hold shape of mould when turned out. Chill and let stand in the moulds one hour before serving. Turn out on round pieces of cold boiled ham placed on lettuce leaves. Serve with cooked salad dressing or the following sauce: Yolk 1 egg, $\frac{1}{4}$ teaspoon mustard, $\frac{1}{3}$ teaspoon powdered sugar, $\frac{1}{4}$ teaspoon salt, spk. cayenne, 5 tablespoons olive oil, 2 teaspoons lemon juice or vinegar, $\frac{1}{2}$ tablespoon each olives, pickles and parsley. Mix dry ingredients and rub smooth. Add yolk of egg and thoroughly mix. Set the bowl containing mixture in pan of ice water and when quite chilled, add the oil, drop by drop, stirring constantly with a silver fork or spoon. As the mixture thickens, add a few drops of vinegar and continue stirring while adding the remainder of the oil and vinegar alternately until all is used. Add other ingredients and keep the sauce in a cold place until ready to serve.

CANNING SPINACH. Prepare the spinach by picking off all dead leaves and cutting off the roots. Cover 1 peck spinach for 2 minutes with scalding water in which you have dissolved 1 teaspoon soda to a gallon of water. Wash thoroughly through several cold waters; drain and boil rapidly in boiling water 4 to 6 minutes. Drain well and pack into sterilized jars or cans, cover with boiling salt water using 1 tablespoon salt to 1 quart water. Process in a water bath 1 hour at 212 degrees. Process by steam pressure 30 minutes 235 degrees 8 pounds pressure.

To PREPARE CANNED SPINACH FOR THE TABLE. Remove the contents from the can just as soon as it is opened. Drain the liquor from the spinach. Chop finely and reheat in a sauce pan with 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt and pepper. Garnish with hard cooked eggs, or serve it in any way fresh spinach may be served.

CAULIFLOWER.

CREAMED CAULIFLOWER. Pick off the outer leaves, cut off stalk and soak 15 to 20 minutes (head down) in cold water. Drain, cook, (head up) until tender in boiling salted water, using 1 teaspoon salt to each quart of water. When done, lift it gently out, place on a hot dish, (stem down) and pour over it a hot cream sauce, and serve hot with bits of lemon to garnish or with chili sauce, or the flowrets may be separated after the cooking; drop into the white sauce and reheat before serving.

CREAM SAUCE. 2 tablespoons butter, 2 tablespoons flour, 1 cup milk, $\frac{1}{4}$ teaspoon salt, 2 grains pepper. Melt the butter in sauce pan being careful it does not burn, add the flour and rub smooth. Add the milk, $\frac{1}{3}$ at a time stirring to mix well and allow it to boil after each addition of milk. Beat well.

BAKED CAULIFLOWER. (CAULIFLOWER AU GRATIN) Cook cauliflower in salted boiling water until tender. Drain, break into pieces. Cover bottom of baking dish with cauliflower, then place a layer of grated cheese, another layer of cauliflower and grated cheese, and pour 1 cup cream sauce over it. Sprinkle the top with breaded crumbs and brown in the oven.

CREAM OF CAULIFLOWER SOUP. 1 quart hot soup stock, 1 cauliflower, 4 tablespoons butter, 1 slice onion, $\frac{1}{2}$ teaspoon crushed celery seed, $\frac{1}{2}$ bay leaf, 4 tablespoons flour, 2 cups milk, salt and pepper. Soak cauliflower in cold water, stem up, for $\frac{1}{2}$ hour. Cook in boiling water until tender. Pick out about $\frac{1}{3}$ of the flowrets and rub the remainder of the cauliflower through a sieve. Cook the onion, celery seed, and bay leaf in the butter 5 minutes; then add flour and stir until well blended. Stir in the hot stock and boil 5 minutes. Add strained cauliflower and hot milk; season with salt and pepper. Strain, add flowrets and reheat.

BRINING CAULIFLOWER. The surplus crop of cauliflower can be brined and used in mixed pickles later in the year when you have other vegetables.

The "rice" head cauliflower are heavier than the smoother heads and are not so fine for the market but they are very good for pickling. Plain tight barrels or kegs may be used. "Second hand" charred barrels are very satisfactory. Be sure barrels are clean before filling with the cauliflower.

All outer leaves should be removed with the stump and heads put in whole if possible. Fill barrels full with cauliflower heads and fill about two-thirds full with brine which tests 40 degrees with a salometer.

Head the barrels and bore a small hole ($\frac{1}{2}$ " to $\frac{3}{4}$ ") in the top and the barrel is then filled with brine through this hole. A little brine has to be added from time to time to take care of any leakage. Turn barrel at end of each week for six weeks. To do this, bung hole up tightly and turn barrels upside down so the salt which has settled at bottom will be equally distributed again. Watch for leakage and be sure to keep cauliflower well covered with brine.

After 2 months the cauliflower should be repacked. Skim the brine using a skimming ladle. Dip out the cauliflower and repack fairly tightly in a clean barrel which has been scalded. Cover with brine testing 40 degrees with salometer. Bung up, fill top with water to take care of leakage and allow to stand about 6 months or until ready to use.

If an instrument cannot be had for testing the brine, use 1 pound salt to each gallon water, 1 part salt to 8 parts water (1 pt. salt 8 pt. water).

COOKED MAYONNAISE DRESSING.	yolks 2 eggs	1 teaspoon mustard
1 tablespoon flour	1 cup milk	1 tablespoon sugar
2 tablespoons melted butter	1 teaspoon salt	$\frac{1}{4}$ cup hot vinegar

Mix dry ingredients, mashing lumps smooth with back of spoon. Slightly heat the yolks and mix in the dry ingredients, add 2 tablespoons melted butter, beating all the while, add 1 cup cold milk, stir well and cook over a pan of hot water very slowly until the mixture coats a spoon. Now add the $\frac{1}{4}$ cup hot vinegar and take from the fire. If the mixture should curdle, add 2 tablespoons cold water and set pan into cold water and beat until it becomes smooth.

FRENCH SALAD DRESSING.		
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon pepper	
2 tablespoons vinegar or lemon juice	4 tablespoons olive oil	

Mix all ingredients and shake well in a bottle until well blended. French dressing is more easily prepared and widely used than any other dressing.

LETTUCE.

There are many ways in which lettuce may be served; for different salads, use the tender leaves to make a nest for the salad mixture; for garnishing cold meat dishes and for sandwiches, it is very delicious with a little cooked salad dressing with or without the addition of pecan nuts.

LETTUCE SALAD. Pick over and wash the lettuce without breaking. Drain well and keep in a cool place until just before serving, then dry between two tea towels. Arrange the leaves in the salad dish, the larger ones around the edge and the smaller ones in the center. Then pour over the French dressing and garnish with a "radish flower".

In the spring nasturtium blossoms make a pretty garnish.

LETTUCE AND BEAN SALAD. An attractive salad may be made by using the combination of lettuce from the winter garden and a can or jar of whole beans. Canned beans should be removed immediately from the can when opened, drained, and allowed to stand 15 minutes before using. Make a nest of the lettuce leaves or shred them, then pile in log cabin fashion about 6 or 8 beans on the lettuce and fill center with chopped nuts and dressing. This makes a very pretty as well as a wholesome salad. Garnish with a radish.

RADISH FLOWERS. A pretty way to serve radishes is to pare the skin back about half way in narrow strips, being careful not to break them off and allow to soak in cold water about an hour before serving. These strips curl back from the radish resembling petals of a flower and look very pretty served in a dish together or used for a garnish.

CABBAGE.

CABBAGE SALAD. 3 cups chopped cabbage, 2 large sweet peppers, cut in strips, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup vinegar, 1 teaspoon salt.

Soften $\frac{1}{2}$ box gelatin in $\frac{1}{2}$ cup cold water. Then fill cup with boiling water. Mix all ingredients and mould in a shallow pan which has first been wet with cold water and not dried. This will make it easy to slip mixture out when it is set.

Make several hours before you wish to serve it and keep in a cold place. Cut in squares and serve on lettuce leaves with cooked Mayonnaise dressing.

BOILED CABBAGE. Remove the outer leaves from the cabbage, cut into halves if small head, into quarters if a large head, and remove the tough stalk. Allow to soak in cold water about 15 minutes before dropping into a vessel of boiling salted water to which you have added 1/3 teaspoon soda. Cabbage, in fact, all strong flavored vegetables such as turnips, onions and cauliflower, should be cooked in a large amount of water and be cooked uncovered. This will prevent the disagreeable odor during cooking. Cook about 35 minutes or until tender, the time varying with the size of the cabbage. Remove from the water carefully, drain, season with salt, pepper, butter or a white sauce may be poured over the cabbage. Serve hot on a hot dish. Use same white sauce as given with creamed cauliflower.

COLESLAW. Select a hard, heavy, white head for coleslaw and remove outer leaves. Cut into quarters and soak 15 minutes in cold water. Drain well and shave thinly into strips with a sharp knife. Dry by shaking it in a clean towel and mix with cooked salad dressing.

STUFFED BAKED CABBAGE. 9 sausages, 1 onion, 1 inch red pepper pod, 1 square inch ham or a slice of bacon, 1 tomato, 1 head cabbage, salt and pepper. Remove outer leaves of cabbage, soak in cold water $\frac{1}{2}$ hour. Scald the head and the large leaves in boiling salt water with 1/3 teaspoon soda for about 15 minutes. Make a stuffing of the minced ham or bacon, the sausage, onion, and tomato. Mix well and season. Lift cabbage from water, drain well and open carefully to the heart. Put in 2 or 3 tablespoons dressing fold 2 or 3 leaves over this then put in more dressing and so on until cabbage is well stuffed. Place the outer leaves around the stuffed head, press together and tie. Put into a buttered baking dish; pour over 1 C. white sauce seasoned with red pepper and a little salt. Sprinkle top with buttered crumbs and bake until tender (about 15 to 25 minutes). Remove outer leaves; serve on a hot dish with the sauce.

SAUER KRAUT OR "CROUT". Use 1 to 3 quarts salt to 20 gallons shredded slaw. Remove outside leaves and hard core of cabbage. Shread finely. Line the keg with the larger leaves on the bottom and sides as you fill it. Put in a 3 inch layer of shredded cabbage and sprinkle with 4 or 5 tablespoons salt. Continue to repeat this process, lining with the large leaves. Pound it all down well until the cask is full and covered with the brine. Cover with the large leaves and a board cover to fit inside the cask. Weight this cover down with heavy weight so it will keep the cover level. It is necessary that all the cabbage is covered with brine at all times. Keep in a cool, dry cellar 3 weeks to a month. Remove the scum and see that it is well covered with juice. When the weather is warm, the kraut will cure in 16 to 18 days, when it is ready for use or for canning.

It may be packed in #3 cans and covered with boiling water. Cap, exhaust 5 minutes, tip and process 30 minutes under 10 lb. steam pressure (240 degrees).

Sauer kraut is usually made in fall for winter use. It may be eaten raw, fried, boiled with pork with onions added, or with weinerwurst sausage and browned in oven or cooked with spareribs.

SINCERELY YOURS,

OLA POWELL,
ASSISTANT IN GIRLS' DEMONSTRATION WORK.

